

U.S. Department of Labor

Mine Safety and Health Administration

MSHA's Small Mine Office—Serving the small mines in America



Week 39

Location: _____ Supervisor: _____

Date: _____ Time: _____ Duration: _____

1) Safety Lines

- Safety lines must be worn when there is a hazard from falling
- Safety lines must be attended by a second person whenever work is being performed in a confined space and the danger exists of someone being engulfed by loose material
- Inspect safety lines for defects before each use and replace when necessary.
Keep lines clean

2) Get Help

- Know what jobs you can safely perform alone
- Get additional help when attempting a heavy lift
- Do not let a co-worker perform a job unsafely if you know the correct safety procedure

3) Back Support Belt

- Adjust belt, by using the side cinch, before attempting lift
- Use proper lifting techniques, back straight and using legs
- Wear your belt loosely, unless lifting

Attendees:

Employees Comments: